



FOR SALE BY

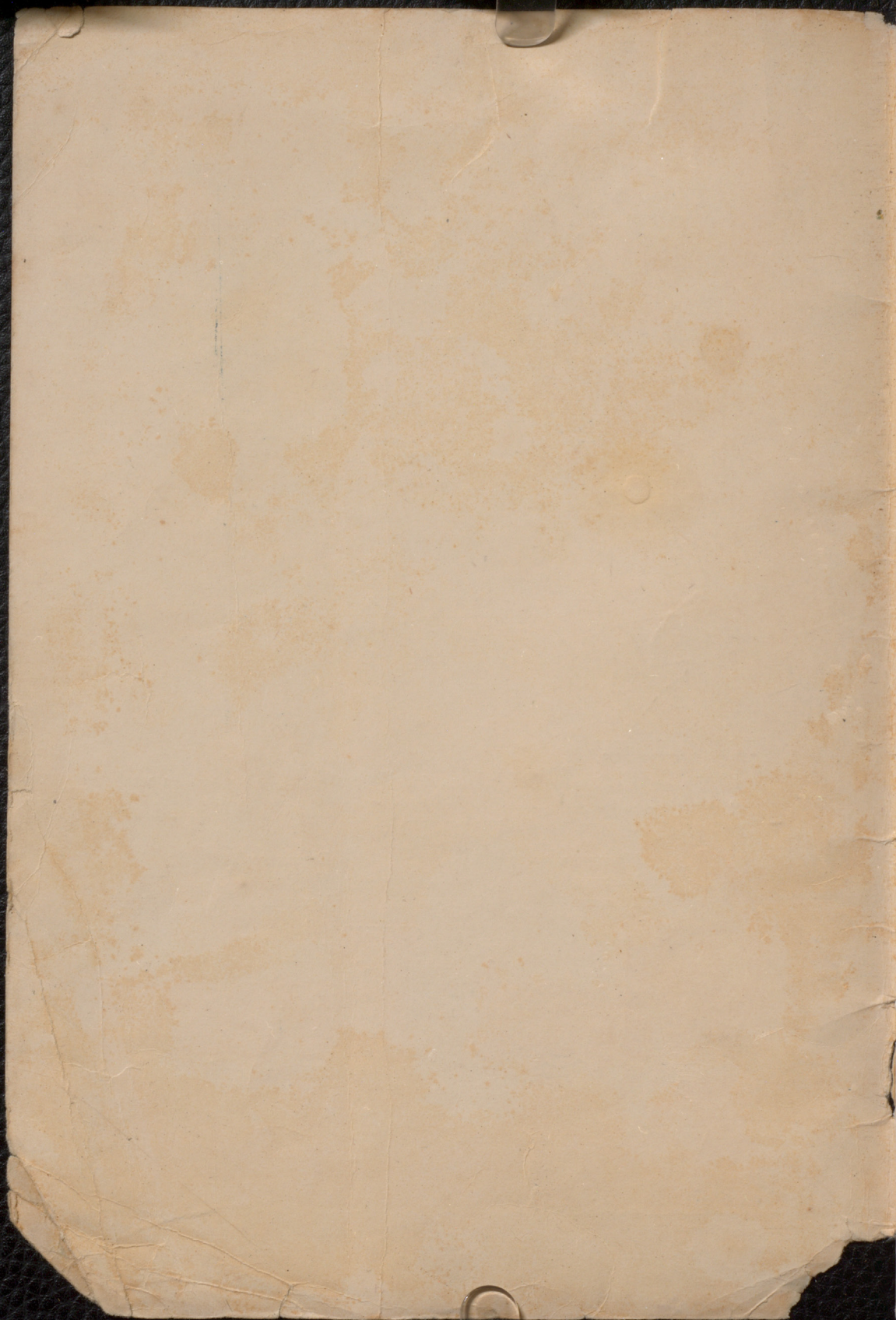
Northern Electric Company
LIMITED

MONTREAL
HALIFAX
TORONTO

WINNIPEG
REGINA
CALGARY

EDMONTON
VANCOUVER
VICTORIA

**What Every
Kitchen Needs**



What Every Kitchen Needs

A book of electric cooking recipes by Alice Bradley, Principal, Miss Farmer's School of Cookery, Boston; Marion Harris Neil, M. C. A., former Cookery Editor, Ladies' Home Journal; Janet McKenzie Hill, Editor, American Cookery; Mrs. E. K. Lemcke-Barkhausen, Principal, Greater New York Cooking School; Good Housekeeping Institute, Mildred Maddocks, Director; and illustrations and descriptions of Hughes Electric Ranges.



Hughes Electric Heating Company
364 Richmond Street, West
Toronto, Ont.

Made in Canada

Tested and Approved
by the
GOOD HOUSEKEEPING INSTITUTE
SERIAL NO. Conducted by
GOOD HOUSEKEEPING MAGAZINE



Better Cooking By Electricity

WOMEN have long known that electric cooking is cleaner, that it banishes all the dust and ashes of coal and wood, all the soot and fumes of gas. They have known that it makes the kitchen cooler; the air purer; that it is the most convenient way to cook. Now they have the word of the women who stand for the most scientific cooking methods known, that electric cooking produces better results than any other means.

These women are tremendously interested in kitchen efficiency. They would not endorse anything that does not accord with the best practice in household management. Yet they all agree that food cooked electrically is better in a number of ways. Because electric cooking is comparatively new and many women have not yet had a chance to prove to themselves the wonderful results it gives, they will be glad to read the unprejudiced statements of these women, telling why electricity is the most desirable cooking means known today.

What Cooking Authorities Say:

The greatest cooking experts in the country have voiced their approval of electric cooking in the following statements:

I am an enthusiastic user of electricity for cooking purposes, and I have no doubt that this method of cooking will finally supersede the older methods by virtue of its greater cleanliness, efficiency, economy, simplicity, safety, comfort and reliability. The use of electric cooking ranges will make cookery a more exact science than it is at present.

MARION HARRIS NEIL,
Former Cookery Editor, Ladies' Home Journal

For success in baking, day in and day out, one needs an even and dependable temperature, and this, I have found, is secured more surely by electricity than by any other medium. Thus an electric oven does away with much of the fret and worry so often incident to baking day.

JANET MCKENZIE HILL,
Editor, American Cookery

Cooking by means of electricity is superior to other methods because the heat produced by it is uniform and can be easily regulated by turning a switch. Much unnecessary labor is eliminated in electrical cookery on account of its cleanliness and the simplicity of operation. We feel that it will be the universal method of cooking wherever rates will allow.

ALICE BRADLEY,
Principal, Miss Farmer's School of Cookery, Boston

Progress in the home is today the interesting topic to housekeepers and culinary teachers. Foremost of all is electric cooking. In its easy use, cleanliness and assured results it is a revelation, a test being all that is required to prove it. The key to scientific cooking is electricity. The heat is always even, steady and dependable, meaning less shrinkage in meats, no worry and considerable saving of time.

MRS. E. K. LEMCKE-BARKHAUSEN,
Principal, Greater New York Cooking School

Good Housekeeping Institute, an impartial authority on scientific housekeeping, also approves electric cooking. Read its statement:

Good Housekeeping Institute heartily endorses electric cooking. Electricity is a clean fuel; it is convenient to use—in truth, a perfect servant, responding instantly to regulation; and finally, the cooking results to be obtained from it are excellent in a uniformity of texture and in the development of flavor.

GOOD HOUSEKEEPING INSTITUTE,
MILDRED MADDOCKS, Director,

THE FAVORITE RECIPES OF

Alice Bradley

Principal, Miss Farmer's School of Cookery, Boston

Tested on a Hughes Electric Range

Miss Bradley says: "We have used the range in some of our demonstration work with excellent results, and we shall continue to use it. There is perhaps less danger of food being over-cooked and burned in the electric range than there is in the gas range. The color is uniformly good both top and bottom. The juice is retained in the roast without the outside being overdone."

Planked Fish

1 fish
1½ teaspoons salt
½ teaspoon pepper
1 tablespoon olive oil
Mashed potatoes
3 tomatoes
Parsley

2 small green peppers
1 slice onion
1 tablespoon butter
3 tablespoons lemon juice
Shadow potatoes
Lemon

Scrape a fish to remove the scales, then remove head, tail and back-bone. Wipe with wet cheesecloth, sprinkle with one teaspoon salt, pepper, and brush with olive oil. Lay the fish on a hot oiled plank, skin side down.

The oven should be heated with both burners turned "Full" until it registers "5." Then the lower burner may be turned off and the fish put in. Leave in the oven until the fish is cooked through and partially browned.

With pastry bag and tube make a border of mashed potatoes around the plank. Between the fish and potatoes, lay tomatoes peeled and cut in halves. Remove stem and seeds from sweet green peppers, chop fine, add the slice of onion chopped fine, and one-half teaspoon salt. Pile on the tomatoes. Put butter in small pieces over the fish and bake about 10 minutes, or until potatoes are browned. Remove plank from oven, sprinkle fish generously with lemon juice and garnish with shadow potatoes, sliced lemon and parsley.

Roast Beef

Wipe a roast of beef that weighs about seven pounds, put in dripping pan skin side down, rub over with salt and sprinkle meat and pan with flour. Heat oven with both burners until thermometer registers "4" and put in beef with both burners on "Full." After flour in pan is browned, baste meat with fat which is tried out. It is well to put trimmings of fat in the pan. After the meat has been in twenty minutes, turn upper burner "Low;" in fifteen minutes turn upper burner "Off." At the end of one hour, turn lower burner "Off." Roast should be well browned and cooked rare in one hour and twenty-two minutes. Remove roast from pan to platter.

Roast Beef Gravy: Remove some of the fat from roasting pan, leaving four tablespoons. Place pan on range, add four tablespoons flour, and stir until well browned. Add gradually one and one-half cups boiling water, cook five minutes, season to taste with salt and pepper, strain and serve.

Roasted Hamburg Steak

*2 pounds Hamburg Steak
1 cup soft bread crumbs
1 egg
Salt
Pepper*

*8 strips salt pork
¼ cup hot water
2 tablespoons fat
2 tablespoons flour
Water*

Mix Hamburg Steak with bread crumbs. Add egg slightly beaten, and season with one and one-half teaspoons salt and one-fourth teaspoon pepper. Shape in loaf, put in dripping pan on thin slice of fat salt pork, dredge with flour, and on top arrange seven strips salt pork, long enough to come down on sides part way.

Heat oven to "4," put in the meat and roast 20 minutes. Turn "Off" and cook 20 minutes on retained heat. To liquid remaining in pan add enough water to make one cupful. Brown the fat, add flour, and when well browned add the liquid. Season with salt and pepper and strain into gravy boat.

Spinach Timbales

*2 quarts spinach
2 eggs
1 cup milk
1 tablespoon butter*

*¾ teaspoon salt
⅛ teaspoon pepper
1 teaspoon onion juice
2 teaspoons vinegar*

Wash and stem spinach, drain and chop; there should be one cupful. Beat eggs, add milk, butter melted, salt, pepper, onion juice, vinegar, and the chopped spinach. Mix ingredients thoroughly, turn into buttered timbale molds, place in pan of hot water, and bake in an oven that registers "3." Have the burners turned on "Medium" until timbales are firm. Remove from molds and serve with tomato sauce.

Tomato Sauce

*1 tablespoon butter
1 tablespoon flour
1 cup tomatoes strained*

*1 teaspoon onion juice
¼ teaspoon salt
⅛ teaspoon pepper*

Melt and brown butter, add flour, and when well browned add strained tomatoes and onion juice. Stir until mixture boils, and add salt and pepper.

Irish Bread

*2¼ cups flour
1 teaspoon salt
1 tablespoon sugar
1½ tablespoons baking powder
1 cup top milk*

*3 tablespoons shortening
½ cup raisins
½ cup currants
1 tablespoon caraway seed*

Mix and sift flour, salt, sugar and baking powder. With tips of fingers work in shortening, add raisins and currants, caraway seed and top milk. Mix thoroughly, and put in a buttered iron frying pan. Heat oven with both upper and lower burners until thermometer registers "4." Put bread on rack near the top, leave lower burner turned "Full" for ten minutes, then turn all heat off for ten minutes, or until bread is thoroughly baked.

Prune and Nut Bread

*½ cup prunes
2 cups cold water
Boiling water
½ cup rolled oats
¼ cup sugar
2¾ cups flour*

*½ tablespoon salt
1 tablespoon shortening
¼ cup chopped nuts
½ yeast cake dissolved in ¼ cup lukewarm water*

Soak prunes in cold water over night. Cook in same water until soft, and remove stones. To prune juice add boiling water to make one cup, bring to boiling point and pour over the rolled oats. Let stand one hour, add sugar, salt, shortening, chopped nuts, yeast cake dissolved in water, and the prunes. Then add flour, mix thoroughly, let rise till double in bulk, turn into buttered bread pan or small baking powder boxes, let rise again and bake one hour. Heat oven until thermometer registers "4" before putting in bread, then turn off the upper burner, leaving lower burner on "Full" and put bread in oven. When bread begins to brown, turn lower burner to "Medium" until it is a deeper brown, then to "Off" and finish baking on retained heat.

Luncheon Rolls

*1 cup scalded milk
4 tablespoons sugar
½ teaspoon salt
1 yeast cake dissolved in
4 tablespoons lukewarm water*

*4 tablespoons melted butter
2 eggs
Few gratings from rind of lemon
Flour*

Add sugar and salt to milk; when lukewarm, add dissolved yeast cake and one and one-half cups flour. Beat thoroughly, cover and let rise; then add butter, eggs well beaten, grated rind of lemon, and enough flour to knead. Let rise again, take from bowl and roll to one-half inch thickness. Shape with small biscuit cutter, place in buttered pan close together, let rise again, prick with three-tined fork and bake twenty minutes. Oven should register "4" when rolls go in. Heat may be turned off entirely during the last ten minutes.

Langue de Chat Biscuits

*⅓ cup butter
⅓ cup sugar
4 teaspoons milk*

*⅓ teaspoon vanilla
⅔ cup flour
Whites 2 eggs*

Cream butter, add gradually sugar, milk, vanilla, flour and egg whites beaten stiff. Mix thoroughly, force through pastry bag and very small plain tube, shaping in narrow strips on buttered and floured pans. Put in the oven near the top when the thermometer registers "2½," and bake with the burners turned "Low," watching carefully and removing from oven as soon as the edges are brown. Remove biscuits from the pan before they are cold.

Puff Paste Strawberry Pie

<i>1 cup butter</i>	<i>1/3 cup sugar</i>
<i>1 1/2 cups bread flour</i>	<i>1/4 teaspoon vanilla</i>
<i>5/8 cup ice water</i>	<i>Chopped nuts or</i>
<i>Strawberries</i>	<i>Cocoanut</i>
<i>1 cup cream</i>	<i>Ice</i>

Wash butter, pat, shape in circular piece, reserve one tablespoon and put remainder in pan between two pans of ice. Work the reserved butter into bread flour, mix to a dough with ice water, knead five minutes, cover and let stand five minutes. Pat and roll one-fourth inch thick keeping corners square. Place butter in centre of one side of pastry, fold other side over butter, pressing edges closely together. Fold one end over butter, other end under butter, pressing edges together. Turn one-fourth way round, pat, lift, roll, fold in three layers and turn. Repeat four times, chilling between pans of ice when necessary and folding the last time in four layers. Chill, shape, and roll this puff paste one-fourth inch thick, cutting in three pieces, square or round as desired. Place on a tin sheet, prick with a fork, and chill while heating oven with both upper and lower burners until it registers "4 3/4," turn off the upper burner, put in the pastry and bake ten minutes with the lower burner turned "Full." Then turn "Low" and leave fifteen minutes or until pastry is a delicate brown.

When ready to serve cover one layer of pastry with strawberries or other fruit cut in pieces and sweetened to taste, on this place another sheet of pastry, more fruit, and then a third sheet. Cover top and sides of pie with cream beaten stiff with sugar and vanilla. Sprinkle sides of the pie with chopped nuts or cocoanut and garnish the top with whole pieces of fruit like that used inside.

Peanut Butter Cookies

<i>6 tablespoons peanut butter</i>	<i>1 egg</i>
<i>1/2 cup sugar</i>	<i>3/4 cup flour</i>
<i>3/8 teaspoon soda dissolved in</i>	<i>1/4 teaspoon salt</i>
<i>3/4 tablespoon hot water</i>	<i>3/8 teaspoon cinnamon</i>

Work peanut butter until creamy, add gradually sugar, egg well beaten, soda dissolved in hot water, and flour sifted with salt and cinnamon. Chill, roll thin, cut in fancy shapes, and put on buttered sheet. Bake on upper grate in the oven when thermometer registers "2 1/2." Have the upper burner "Off" and the lower burner "Low" for ten minutes, then turn all heat off, and leave the cookies eight minutes longer. This recipe makes sixty cookies two inches in diameter.



THE FAVORITE RECIPES OF
Marion Harris Neil, M. C. A.

Former Cookery Editor, Ladies' Home Journal

Tested on a Hughes Electric Range

Miss Neil says: "We tested out the ten recipes on a Hughes Electric Range a few days ago. I found the range convenient and satisfactory in every way and that no special knowledge is required to operate it."

Lentil Soup

2 cups lentils	3 tablespoons butter
1 onion	6 cups water or stock
1 carrot	$\frac{1}{2}$ teaspoon pepper
1 turnip	1 teaspoon salt
2 stalks celery	1 cup milk or cream
1 bay leaf	Croutons of bread
1 small bunch herbs	

Soak the lentils over night in cold water and then drain them. Prepare the vegetables and cut them into small pieces. Melt the butter in a saucepan over surface burner on "Medium." Add lentils and vegetables and stir until fat is absorbed, then add stock or water and bring to boiling point. Now add seasonings, reduce heat to "Low" and simmer for two hours, stirring occasionally. When cooked rub through a sieve, return soup to pan, add milk or cream, season to taste, bring to boil over "Medium" heat and serve very hot with croutons of bread.

The slow, steady cooking of this soup renders it excellent.

Fricassee of Fish

1 lb. cooked fish	$\frac{1}{4}$ teaspoon pepper
2 tablespoons butter	1 teaspoon lemon juice
4 tablespoons flour	2 tablespoons cream
$\frac{1}{2}$ cup milk	1 hard-cooked egg
1 cup fish stock	Potato border
$\frac{1}{2}$ teaspoonful salt	

Melt butter in a saucepan, stir in flour, allow to cook but not brown, add milk and fish stock, stir and cook for three minutes, add the flaked fish, seasonings and cream. Make very hot and serve in a hot potato border garnished with the egg cut in slices.

Fish is an important and delicious article of diet which if cooked by this method does not lose its delicate flavor, nor is its creamy flakiness destroyed.

Braised Chicken with Tomatoes

1 chicken	1 teaspoon salt
4 tablespoons butter	$\frac{1}{2}$ teaspoon pepper
4 large tomatoes	1 cup stock or water
2 tablespoons chopped onion	$\frac{1}{2}$ glass sherry wine
1 blade mace	1 tablespoon chopped parsley
1 bay leaf	Watercress

Prepare chicken and truss as for roasting. Melt two tablespoonfuls of the butter at "Medium" heat and fry the chicken until it is brown all over.

Melt remainder of butter in another pan, add tomatoes peeled and cut in small pieces, onion, bay leaf, and mace; and fry for ten minutes. Season with salt and pepper, add stock and cook steadily for one and one-half hours, or until tender over "Low" heat. Lift chicken on to hot platter, and garnish with watercress.

Skim grease off tomatoes, add sherry and parsley and serve in a hot sauce boat.

This dish of chicken was tender and well cooked because it simmered steadily at "Low" heat. An ideal method for dishes of this kind.

Mutton en Casserole

1 onion	1 teaspoon salt
1 turnip	½ teaspoon pepper
1 carrot	1 cup stock or water
2 stalks celery	1½ lbs. mutton
1 tablespoon chopped parsley	

Prepare the vegetables and cut them in small pieces. Grease a casserole, put in the vegetables, lay meat on top, sprinkle with parsley, salt and pepper and pour in the stock or water.

When the oven thermometer registers "4," place the casserole in the oven, switch to "Low" and allow to cook for one hour, then turn off and cook in retained heat for 30 minutes.

This dish is more savory and appetizing when cooked in this way.

Peas with Curried Rice

2 cups shelled peas	2 cups stock
1 sprig mint	1 teaspoon salt
4 tablespoons butter	¼ teaspoon pepper
1 cup rice	Pinch sugar
1 onion	1 teaspoon lemon juice
1 tablespoon curry powder	

Boil the peas with a sprig of mint in three cupfuls of boiling water on "Low" heat. When tender, drain them well, and then return to saucepan with two tablespoonfuls of the butter, salt and pepper to taste. Toss the peas over the heat for a few minutes, then serve them piled up on a hot dish with the curried rice arranged in a round border. Peel onion and cut it in thin slices. Melt the remainder of the butter in a saucepan on "Medium" heat, put in the onion, and cook a few minutes, without allowing it to brown. Then add the rice, well washed and drained, and the curry powder, and stir these ingredients over the heat on "Low" until butter is absorbed. Add the stock and seasonings and cook until the rice is tender, stirring occasionally. Add the lemon juice at the last and serve around the peas.

These favorite vegetables are wonderfully better when cooked by this method.

Scotch Whole Meal Scones

- | | |
|-----------------------------|------------------------------|
| 2 cups whole wheat flour | 4 tablespoons butter or lard |
| 2 cups flour | 1 egg, beaten |
| $\frac{1}{2}$ teaspoon salt | 2 tablespoons golden syrup |
| 1 teaspoon baking soda | 1 cup milk |
| 2 teaspoons cream of tartar | |

Into a bowl sift flours, salt, soda and cream of tartar, add butter or lard and cut and rub it into the dry ingredients, add egg mixed with syrup and milk making a soft dough. Turn out on a floured baking board, divide into three pieces, make into smooth rounds, roll out, cut each piece into six scones, lay on a greased tin, brush over with a little beaten egg. Switch on both oven burners "Full" for ten minutes, place in the scones, turn to "Low" and bake for ten minutes.

Cool on a cake cooler and serve hot or cold with butter.

Because of exactness of results obtained by the use of electricity these scones were baked perfectly to a tempting brown color in ten minutes.

Coffee Cake

- | | |
|---------------------------|--|
| 1 cup butter | $\frac{1}{2}$ cup chopped English walnut meats |
| $1\frac{1}{2}$ cups sugar | $\frac{1}{2}$ cup shredded candied citron peel |
| 4 eggs | 1 teaspoon powdered ginger |
| 2 tablespoons molasses | $\frac{1}{2}$ teaspoon powdered mace |
| 1 cup cold coffee | $\frac{1}{2}$ teaspoon powdered allspice |
| 4 cups flour | $\frac{1}{2}$ teaspoon powdered cinnamon |
| 3 teaspoons baking powder | $\frac{1}{2}$ teaspoon powdered cloves |
| 1 cup currants | 3 tablespoons brandy |
| 1 cup raisins | |

Beat the butter and sugar to a cream, add eggs well beaten, molasses, strong coffee, flour sifted with baking powder and spices, fruit, nuts, and brandy. Mix and turn into a buttered and floured cake tin. Turn on current and when indicator registers "3," turn top burner "Off" and place cake in oven. Bake for twenty minutes, switch bottom burner to "Low" and continue to bake for one hour. Turn off current and cook the cake in retained heat for another hour. Keep two days before cutting.

This cake, when baked, was more satisfactory than when cooked in a gas or coal stove because it was perfectly baked, even on the top, and of an appetizing brown color.

Apricot Shortcake

- | | |
|-----------------------------|---------------------------------|
| 2 cups flour | 1 cup milk |
| 4 teaspoons baking powder | Sliced fresh or canned apricots |
| $\frac{1}{4}$ teaspoon salt | 1 teaspoon lemon juice |
| 4 tablespoons butter | Whipped and sweetened cream |
| 2 tablespoons lard | |

Mix and sift flour, baking powder and salt into a bowl, add butter and lard, and chop until fine, and make into a soft dough with the milk. Turn out on a floured board and pat out to fit a round buttered tin. Place in the tin and place in oven registering "4," switch off the current

and bake for 20 minutes. Take out and separate upper portion from lower portion with a fork. Spread with butter and fill with sliced apricots heated with a little sugar and lemon juice. Decorate the top with whipped and sweetened cream and sliced apricots.

By this method of stored heat the shortcake was baked light and crisp and was more delicious than when cooked by other methods.

Cream Tart

$\frac{3}{4}$ cup sugar
 $\frac{1}{3}$ cup flour
Pinch of salt
 $\frac{3}{4}$ pint scalded milk
3 egg yolks

$\frac{1}{2}$ cup double cream
 $\frac{1}{2}$ cup chopped nut meats
 $\frac{1}{2}$ teaspoon vanilla extract
 $\frac{1}{2}$ teaspoon almond extract
Short or puff pastry

Roll out the pastry into two rounds the size of a pie plate, pinch round the edges and perforate with a fork, and place on a baking tin. Switch on the current and when the indicator registers "4," place the pastry in the oven, turn off the current and bake the rounds for 18 minutes in the retained heat. Cool the pastry on a cake rack. In the upper pan of a double boiler mix sugar, flour and salt, pour on gradually the milk and cook with current turned on "Low" for 15 minutes, stirring occasionally. Then add egg yolks slightly beaten and continue to cook for two minutes. Cool the mixture, add the cream whipped stiff, nuts and extracts. Chill and use between the rounds of pastry. If liked, the top round may be covered with whipped and sweetened cream.

Owing to the even temperature and charming cleanliness of the oven the pastry was light, digestible, and of a good color.

Plum Pudding

1 lb. seeded raisins
1 lb. currants
 $\frac{1}{2}$ lb. raisins
 $1\frac{1}{4}$ lbs. brown sugar
1 lb. suet, chopped
2 cups flour
2 apples, chopped
 $\frac{3}{4}$ lb. bread crumbs

$\frac{1}{4}$ lb. shredded candied citron peel
1 cup blanched, chopped almonds
1 tablespoon mixed spices
 $\frac{1}{2}$ teaspoon salt
2 lemons
 $\frac{1}{2}$ cup brandy
6 eggs, beaten
1 cup milk

Chop the raisins slightly and put them into a large bowl, add currants, sugar, suet, flour, apples, bread crumbs, peel, almonds, spices, salt, grated rinds and strained juice of lemons, brandy, eggs and milk. Mix well and allow to remain in cool place over night. Divide into two well greased molds and cover with buttered paper. Place the pudding in a deep saucepan, pour in enough boiling water to come half way up the mold, cover and put on a surface burner turned "Full." Bring quickly to boiling point, turn to "Low," and cook steadily for six hours. Turn out on a hot dish and serve with hard or brandy sauce.

This pudding was steamed safely and steadily without any trouble for there was no question of the supply of fuel giving out at the wrong moment.

THE FAVORITE RECIPES OF *Janet McKenzie Hill*

Editor, American Cookery

Tested on a Hughes Electric Range

Mrs. Hill says: "I am thoroughly enjoying the Hughes Electric Range. For success in cooking pastry and bread, as well as in meat cookery, one needs an even, dependable and easily regulated heat, and this, we find, is secured in a Hughes Electric Range."

Poached Ham Crumbed and Browned

Select a mild-cured ham of ten or twelve pounds in weight or use five pounds from the round or best end of such a ham. Scrub the ham and set to cook, covered with cold water. Turn a large surface burner "Full" and let cook rapidly five minutes after boiling begins. Turn to "Medium" and let cook half an hour. Meanwhile heat the oven with both upper and lower burners on "Full" until the indicator registers "4," turn upper burner "Off" and transfer the ham to the oven; let cook half an hour with indicator at about "3," then at about "2½" until the ham is done. It will take from six to eight hours, the last hour with all current "Off." Take the ham from the water, remove the skin, spread half a cup of cracker crumbs mixed with two tablespoonfuls of brown sugar over the surface. Heat the oven with both burners "Full;" turn the lower switch "Off" and the upper "Low" and let the ham cook until the crumbs are browned. The ham may also be cooked on a surface burner in a closed saucepan on "Low" heat.

Slices of Fish or Small Fish Sautéd

Cut a slice of fat salt pork in small cubes, put them in a cast-iron or aluminum frying pan over a surface burner turned "Medium." Let cook until the fat is well tried out which takes about 12 minutes. Then turn to "Full," take out the bits of pork and set the fish rolled in corn-meal or flour into the pan. Let cook about three minutes; turn to "Medium" and let cook until browned delicately on one side, then turn to brown the other side. The fish should cook from fifteen to twenty minutes according to thickness. After cooking eighteen minutes turn to "Full" if necessary to brown the second side. If the fat smokes, it is too hot for wholesome cooking.

Lamb Soufflé

2 tablespoonfuls butter

2 tablespoonfuls flour

½ teaspoonful salt

¼ teaspoonful paprika

2 cups milk or broth or part of each

½ cup soft sifted bread crumbs

1 tablespoonful fine-chopped parsley

3 eggs

2 cups cooked lamb chopped fine

Melt the butter; in it cook the flour and seasonings; add the liquid and stir until boiling; add the bread crumbs and parsley. Beat the

whites of the eggs very light and the yolks until thick; beat the yolks into the hot mixture; beat in the meat, then fold in the egg-whites. Turn the mixture into a buttered baking dish suitable for the table. The dish should be broad rather than deep. Set the dish on about a dozen layers of paper in a larger dish, pour in boiling water to nearly half the height; heat the water again to the boiling point. Turn the upper and lower burners "Full." When the heat indicator stands at "3," turn upper burner "Off;" turn the lower burner "Medium" and set the dish into the oven. Let cook about twenty-five minutes regulating the lower burner to keep the heat indicator between "2" and "2½." The last ten minutes turn burner "Off" and cook on retained heat. Serve hot with tomato sauce.

Pork Chops with Bananas

Set the broiling pan with the grate in place on the second of the racks near the top of the oven, underneath the broiler unit. Turn both burners "Full" and leave until the heat indicator registers "4½." Turn the lower burner "Off" and upper burner "Medium." Set the chops on the hot rack; let cook with the heat indicator at "3" about twelve minutes. Peel and scrape bananas, cut the pulp of each in halves crosswise and then lengthwise to make four pieces. Turn the chops, set one piece of banana above each and let cook till soft, about five minutes, turning on the upper burner the last minute to brown the bananas slightly. Serve the bananas on the chops. The chops should be cut about half an inch thick and cooked slowly so they may be thoroughly cooked.

Tomato Timbales

3 eggs	$\frac{3}{4}$ cup cooked tomatoes, strained
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{2}$ teaspoonful scraped onion
$\frac{1}{4}$ teaspoonful paprika	pulp

Beat the eggs with the salt and paprika; add the onion pulp and the tomato and mix thoroughly. Turn into five well-buttered timbale molds. Fold a paper to make a half dozen or more layers, cut these to fit a pan; set the timbales on the paper and pour in boiling water to a little less than half their height. Let the water boil in the dish. Heat the oven with upper and lower burners on "Full" until the indicator stands at "3." Turn the top "Off" and the lower burner to "Medium" and later to "Low" if needed to keep the indicator at "2." Let cook (the water should not boil while in the oven) from fifteen to eighteen minutes or until firm in the center. Unmold on a hot dish and pour hot cheese sauce over the timbales. Serve for the main dish at luncheon or supper.

Cheese Sauce

2 tablespoonfuls butter	$\frac{1}{4}$ teaspoonful pepper
2 tablespoonfuls flour	1 cup milk
$\frac{1}{4}$ teaspoonful salt	$\frac{1}{4}$ to $\frac{1}{2}$ cup grated cheese

Melt the butter; in it cook the flour and seasonings; add the milk and stir until boiling. Melt the cheese in the sauce without boiling.

Green Peppers Stuffed with Macaroni Au Gratin

Cut out a piece around the stem end of six sweet, green peppers, and remove the seeds from the peppers. Cover with boiling water and let boil five minutes. If the peppers will stand upright, use them as they are; if they will not, cut them in halves lengthwise. Boil half a cup of macaroni broken in short pieces in rapidly boiling salted water until tender (*thirty to forty minutes*); drain, rinse in cold water and drain again. Melt two tablespoonfuls of butter; in it cook two tablespoonfuls of flour and one-fourth a teaspoonful, each, of salt and paprika; add three-fourths a cup of tomato soup and stir until boiling; add the macaroni and three tablespoonfuls of grated cheese and mix thoroughly. Wipe the peppers inside and out and fill them with the macaroni. Mix three-fourths a cup of cracker crumbs with three tablespoonfuls of melted butter and spread over the macaroni in the peppers. Set them in a baking dish, a little distance apart. Turn both burners to "Full" until the indicator registers "5½," turn both burners to "Off." Set the peppers on the second rack below the upper burner and let cook until the crumbs are browned. If the peppers are prepared in advance of serving and the filling is cold, turn on both burners and heat the oven to "4;" set the peppers near the bottom of the oven, turn the upper burner to "Off" and let reheat thoroughly before browning the crumbs. To do this turn the top burner "Full" one minute.

Chocolate Cup Cakes

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup water
1 cup sugar	$1\frac{1}{4}$ cups flour
$\frac{1}{4}$ cup cocoa	3 level teaspoonfuls baking powder
3 eggs, beaten light	1 teaspoonful cinnamon

Beat the butter to a cream; gradually beat in the sugar, the cocoa and the eggs. Add, alternately, the water and the flour sifted with the baking powder and cinnamon. Bake in a buttered cupcake pan. The recipe makes one dozen cakes. To bake: Turn both burners "Full" and leave until the heat indicator stands at "4½." Turn upper burner "Off." Set the cakes on a rack two places above the "sheet" over the lower burner. After five minutes turn the lower burner "Medium." Bake the cakes about eighteen minutes with the heat indicator between "3" and "3½" and after ten minutes turn all current off.

Prune Soufflé

4 egg-whites	$\frac{3}{4}$ cup cooked prunes cut fine
$\frac{1}{4}$ teaspoonful salt	3 teaspoonfuls prune juice
$\frac{1}{2}$ cup sugar	

Beat the egg-whites with salt until very light; gradually beat in half the sugar, then fold in the rest of the sugar and the prunes with the juice. Turn into a buttered baking dish. Have the oven heated with both burners "Full" until the heat indicator stands at "3." Turn upper burner "Off." Put the soufflé in a pan on folds of paper, surround with boiling water and set into the oven on the second rack; let bake at about "2" by the indicator (*turning the lower burner as needed*) about twenty minutes. Serve hot with a cold boiled custard. The

soufflé is at its best when cooked very slowly. It should shrink but little on removal from the oven.

Boiled Custard

*2 cups milk
4 egg-yolks*

*$\frac{1}{3}$ cup sugar
 $\frac{1}{2}$ teaspoonful salt*

Use a double boiler which base covers the burner completely. Scald the milk in the double boiler. Beat the yolks, add the sugar and salt and beat again; add a little of the hot milk and mix thoroughly; turn the mixture into the rest of the hot milk and stir constantly until the froth disappears and the mixture is slightly thickened. Strain at once into a cold dish; stir occasionally until cold.

Gingerbread

*$\frac{1}{2}$ cup molasses
 $\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ cup butter
1 egg or 2 yolks
 $\frac{1}{2}$ teaspoonful soda*

*$\frac{1}{2}$ cup sour milk
1 cup flour
1 tablespoonful ginger
 $\frac{1}{2}$ teaspoonful cinnamon*

Heat the molasses, sugar and butter to the boiling point and remove from the heat. Beat the egg or the yolks, add the sour milk and turn into the first mixture; put all the other ingredients into a sieve and sift into the liquid ingredients. Mix thoroughly using the egg-beater if needed to make the mixture smooth. Turn into a well greased pan. Heat the oven with both burners "Full" till the indicator registers "4;" turn off the upper burner. Set the gingerbread into the oven on the second grate from the lower burner. After three minutes turn the lower burner "Medium." Let cook between "2½" and "3" about twenty-five minutes, regulating the lower burner as needed to keep the indicator as above. At the close of the baking the top burner may be turned "Low" to brown the top of the gingerbread if necessary.

Custard Pie

Pastry

*1 cup pastry flour
 $\frac{1}{4}$ teaspoonful salt
 $\frac{1}{4}$ cup shortening
 $\frac{1}{4}$ cup cold water (about)*

Filling

*3 eggs, beaten light
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ teaspoonful salt
2 cups milk
Grating of nutmeg*

Sift the flour and salt, put in the shortening and mix these with the cold water to a paste that cleans the bowl. Add the water a few drops at a time, not all may be needed. Turn on a floured board to coat the outside, knead slightly and roll into a sheet to fit the plate. Beat the eggs; add the sugar and salt and beat again; add the milk and mix thoroughly. When the oven is ready, turn the liquid into the plate and set to bake on the second grate. Heat the oven to "4" with both burners turned "Full." Then turn upper burner "Off." Let cook five minutes, then turn the lower burner as needed to keep the heat indicator between "2" and "2½" until the pie has been in the oven twenty-five or thirty minutes. After removing the pie from the oven, grate a little nutmeg over the top of it. There will be enough pastry left for four or five tarts.

THE FAVORITE RECIPES OF
Mrs. E. K. Lemcke-Barkhausen

Principal, Greater New York Cooking School

Tested on a Hughes Electric Range

Mrs. Barkhausen says: "After a thorough test of the Hughes Electric Oven and Range, I find it wonderful. It bakes evenly, is easily understood, simple and reliable. It will certainly prove a great boon to housekeepers. In fact, it is the coming necessary equipment in every home."

Griddle Cakes

Sift 1 cup flour into a bowl, add 1 teaspoonful shortening. Rub fine through flour, add the yolks of 1 egg and $\frac{3}{4}$ cup milk, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ teaspoonful baking powder; beat white stiff, add and mix all lightly together. (*Heat griddle over surface burner of your Hughes Electric Range.*) Put a slice of a white turnip on a fork and grease griddle. This prevents smoke and makes a nicely browned cake.

Pop Overs

This requires: One even cup flour, two eggs, one and a half cup milk, half teaspoonful salt, one teaspoonful butter.

Sift flour and salt into a bowl, add the butter, rub fine through flour. Add the eggs and milk, beat with a Dover beater fifteen minutes, place in oven heated to "4 $\frac{1}{2}$ " and turn top burner "Off." Bake 35 minutes.

Casserole of Lamb

Select a nice piece of lamb from the loin, crack, take off the outside skin, wash and season with 1 even tablespoonful salt, and $\frac{1}{8}$ teaspoonful pepper. Cook 8 small onions in water 5 minutes, add $\frac{1}{2}$ teaspoonful sugar, drain. Cook 10 carrot balls also 5 minutes with water and a $\frac{1}{2}$ teaspoonful sugar; drain. Next fry in a frying pan 4 slices of bacon or smoked ham 3 minutes, or till light brown on both sides; remove to a plate. Now put the partly cooked onions, carrot balls, with 15 raw potato balls and 6 peeled mushrooms in the frying pan with the fat from the fried bacon. Add $\frac{1}{2}$ tablespoonful butter, heat all over the fire. Then arrange two pieces of the fried bacon in the bottom of a casserole, add the meat, lay the other fried bacon on top, and pour over all the vegetables with fat. Cover and place in Hughes Electric Oven previously heated to "5." Cook 30 minutes.

Cinnamon Buns

Sift 1 cup flour into a bowl, add $\frac{1}{2}$ teaspoonful salt, 2 tablespoonfuls sugar, and 1 tablespoonful butter. Rub fine through flour, add $\frac{1}{2}$ cup of luke warm milk and 1 yeast cake. Beat 5 minutes, add 1 egg, grated rind of a half lemon, and 1 tablespoonful washed currants. Mix well and add slowly more flour in small portions. Stir till you can turn it out on board and knead till dough does not stick to hands, about 10 minutes. Lay in bowl, cover with a clean cloth and a cover; set in a warm place to rise to double its bulk; then turn on board. Roll out to half finger thickness, pour over few spoonfuls melted butter, sprinkle over some granulated sugar mixed with a pinch of ground cinnamon, 2

tablespoonfuls washed raisins and currants, also chopped almonds if liked. Now roll dough up like a music roll. Cut in rounds about 2 inches thick. Place on a buttered baking sheet, set in a warm place and let rise till very light. Heat oven to "4" with both burners turned "Full." Turn top burner "Off." Bake 15 minutes.

Apple Charlotte

Peel, quarter and slice 2 good sized apples. Place them in a saucepan with $\frac{1}{2}$ tablespoonful butter, 1 tablespoonful washed raisins, the grated rind of a half orange, 2 tablespoonfuls sugar. Place on a surface burner and heat to cooking point, then add $\frac{1}{2}$ tablespoonful fruit jelly. Line a pudding pan nicely with rounds of white bread, previously dipping each round in melted butter on one side, and laying the buttered side to pan. Lap over each other like shells. Fill in the cooked mixture, lay the bread on top. Place in oven heated to "5" and turn top burner "Off." Bake 18 minutes. Remove from oven, pour over a sugar syrup flavored with vanilla.

Puff Paste

Sift 1 lb. flour into a bowl, add 1 teaspoonful salt, 1 cup cold water, 1 teaspoonful lemon juice. Mix well, turn on a board, knead and work with as little flour extra as possible, for 15 minutes.

Test: If in pulling it thin as paper it does not break, lay in paper and on ice or in a cool place for 20 minutes.

Next wash and knead 1 lb. butter in cold water for 10 minutes. Take out, lay on ice 15 minutes; then take out the paste, roll into a square, lay butter in center, fold paste over from side. Roll lengthwise with rolling pin, making it three times as long as wide, fold the paste from top towards you in 3 folds; turn, roll opposite way again three times as long as wide, then again fold in 3 parts, wrap in a paper or a napkin and pack in ice or put in a very cold place. Leave one hour or more as is convenient, take out again, repeat the same as before, giving two rollings, each rolled the opposite way, and folded in three parts; again let stand for an hour or more. Repeat again the rollings, so the paste has 6 rollings in all. Then it is ready to use for baking *Vol-Au-Vent*, *Patty shells*, etc.

Vol-Au-Vent (Large Shell)

Turn both oven burners "Full." Cut out paste in shape; brush over with beaten egg, place on water rinsed baking sheet pan, place in oven when thermometer registers "5." Then turn burners "Medium." Bake till done, about 15 minutes.

Pie Crust and Lemon Cream Pie

Sift 1 cup flour with $\frac{1}{2}$ teaspoonful salt into a bowl. Add $\frac{1}{3}$ cup of shortening, chop fine with a knife, then add $\frac{1}{4}$ cup cold water, $\frac{1}{4}$ teaspoonful baking powder. Mix all to a stiff dough. Turn on floured board, roll lightly till very thin, then line well-greased pie plate carefully. Brush inside of paste with beaten egg. Sprinkle $\frac{1}{2}$ teaspoonful bread crumbs over, and pour in your filling. Heat oven to "5" then turn top burner "Off." Bake about 15 minutes.

Filling

Cook 1 cup water with $\frac{1}{2}$ tablespoonful cornstarch and $\frac{1}{4}$ cup sugar in a saucepan over a surface burner of your Hughes Electric Range.

Cook 3 minutes. Add grated rind of 1 lemon, the juice of 1 lemon; next 2 yolks of eggs. Boil 1 minute, set aside and when cold fill into pie described above.

Meringue: Beat the 2 whites very stiff, add 1 tablespoon sugar. Decorate top of pie with meringue as you like. Dust with powdered sugar and return to oven a few minutes till nicely browned.

**THIS ENTIRE DINNER WAS COOKED AT ONE TIME
IN THE HUGHES ELECTRIC OVEN IN 50 MINUTES:**

Menu

Gumbo Soup
Roast Chicken

Cauliflower—Potato au Burre
Chocolate Soufflé

Gumbo Soup

Put $\frac{1}{2}$ tablespoonful drippings or butter in a saucepan over the fire. Add 1 tablespoonful fine chopped onion, cook till light brown. Add 1 quart of stock, 2 tablespoonfuls washed rice, 2 tablespoonfuls sliced washed ochre, $\frac{1}{2}$ cup tomato, boil 20 minutes, then season if needed.

Roast Chicken

Select a nice roasting chicken weighing $3\frac{1}{2}$ pounds; wash and season, fill with forcemeat, tie in shape, lay on a roasting pan, with half tablespoonful fat or butter underneath and on top. Place in oven heated to "5" to roast, let brown on all sides, add $\frac{1}{2}$ cup stock or water. Turn top burner "Off" and after 20 minutes turn bottom burner "Off." Roast till done—time about 45 minutes. Garnish with potato roses, cauliflower and parsley.

Cooking Cauliflower Without Odor

Place cleaned cauliflower in a saucepan with boiling water sufficient to cover, place in Hughes oven heated to "5." Keep cover on saucepan; cook for 30 minutes. Then remove from oven. Add $\frac{1}{2}$ tablespoonful salt; allow to stand 10 minutes. Take out the cauliflower; make a sauce if liked of the cauliflower water, or if not, arrange in clusters around the chicken, pour over a little melted butter, and serve. *Note:* Cauliflower remains white cooked in this way. Also there is no odor from it.

Boiling Potatoes

Place 1 quart of potatoes in a saucepan with water. Add $\frac{1}{2}$ tablespoonful salt, place in the Hughes oven 25 minutes before the chicken is finished. Remove at that time, drain and sprinkle over 1 teaspoonful chopped parsley. Arrange a few around the chicken alternately with the cauliflower. Serve balance in vegetable dish. Cook in Hughes Electric oven heated to "5."

Chocolate Soufflé

Separate 3 eggs, whites in one bowl, yolks in another; add to yolks 3 tablespoonfuls sifted powdered sugar, stir well 10 minutes. Add 1 tablespoonful powdered cocoa, and 1 teaspoonful vanilla. Beat whites very stiff. Mix and pour into a well buttered and sugared soufflé dish or platter, dust thickly with powdered sugar, set in a shallow pan with a very little water and cover with buttered paper. Heat oven to "3" both burners "Full." Then turn top burner "Off." Bake 20 minutes.

OVEN COOKED MEALS

By Good Housekeeping Institute

MILDRED MADDOCKS, DIRECTOR

* In using the electric range, certain utensils seem to have a special adaptability for the work.

Use flat bottomed saucepans. Only when the saucepan can set closely to the electric burner is it receiving the maximum of heat. Always use a saucepan that completely covers the burner.

Glassware, cast aluminum casseroles, earthenware casseroles, earthen pudding dishes, custard cups are all useful in electric oven cooking. A fish plank will be found ideal for delicious cooking of fish, and it may be used for steaks as well. Use the broiler freely. Remember that baking, roasting, broiling and sautéing are the cooking methods that can be done most economically on an electric range.

The following seven dinners were prepared and cooked in the Institute kitchen using an electric range. (*A Hughes Electric Range.—Ed.*) It was necessary to plan each meal so that as many dishes as possible could be cooked in the oven at the one time.

When oven cooked meals are adopted, the results are appetizing; even fresh vegetables show an improvement in flavor while they are distinctly more nourishing because none of the valuable mineral salts are lost in the water in which they might be boiled. Until this is tried one would scarcely realize the many advantages.

All of these dinners are simple, the vegetables being served plain in most cases. A green salad consisting of such salad vegetables as lettuce, romaine, watercress, tomatoes, or cucumbers served with French dressing would be a pleasing addition to any one of these menus. If cold desserts are preferred, ice creams, jellies, etc., may be substituted. This would, however, change the amount of electric current used in that dinner because more surface cooking would be required, provided French formula ice cream and gelatin desserts were made.

In every case in cooking these dinners the oven was super-heated to 500 degrees F. because of the large quantity of cold food it was necessary to put into the oven at one time. Five minutes before the food is to be removed from the oven the current is turned off.

These oven cooked meals were especially planned to save the housekeeper's time as well as money. To accomplish this result, higher temperatures were used than those commonly adopted by the so-called fireless cooker methods which produce similar results in a longer period of time and at lower temperatures.

DINNER NUMBER ONE CONSISTS OF:

Roast Chicken

Gravy

Giblet Stuffing

Scalloped Potatoes

Green Peas

Cherry Pudding with Lemon Sauce

Roast Chicken

Besides such staples as potatoes, onions, milk, eggs, etc., order from the provisioners a roasting chicken weighing 4 lbs. (and if the chicken

is drawn be sure that the giblets are sent with the chicken), one-half peck of green peas, and 1 pint of fresh cherries.

To prepare the dinner, pare six good sized potatoes and cut them in $\frac{1}{4}$ -inch slices; cover them with cold water and let stand. Cover about two cupfuls of very stale bread, or part bread and part crackers with water and let stand until very soft. In the meantime singe and clean the chicken thoroughly ready for stuffing. If the chicken is not drawn at the market wash it in soap and water before drawing; if it has been drawn at the market wash thoroughly in warm soda water; clean the giblets by removing thin membrane, arteries, veins, and clot of blood around the heart; cut off any liver that has a greenish tinge, cut fat and membranes from gizzard, put the giblets through the food chopper with one small onion. Melt one tablespoonful of butter in saucepan, add the giblets and onion, and cook five minutes. When the bread is soft drain off all surplus water, add giblets and onion, one egg beaten lightly and salt, pepper, sage, sweet marjoram, and thyme to taste. Mix thoroughly together then stuff the chicken. Put the stuffing by spoonfuls in the neck end using enough to sufficiently fill the skin that the bird may look plump when served; put the remaining stuffing in the body and sew up the vent. Draw the neck skin together at the end and sew it over the back.

Truss the bird for roasting, draw the thighs up close to the body and cross the legs over the tail and tie firmly with twine. Put a skewer through the thigh into the body and cut through the opposite thigh and another through the wings, drawing them close to the body. Wind a string from the tail to the skewer in the thigh then up to the one in the wing across the back in the other wing then down to the opposite side and tie firmly around the tail. If you have no skewers, string must be passed around the body over the thighs and wings; be careful when removing them not to tear the brown crust on the breast. When the chicken is trussed put it in a roasting pan preferably with a rack, rub well with butter, dredge with flour, sprinkle with salt and pepper.

If the dinner is to be served at about one o'clock turn on both oven burners at 11:15 as it will take fifteen minutes to heat the oven to 500 degrees F. Continue the preparation of the dinner by shelling the peas, put them in a casserole barely covered with water, butter a baking dish, put a layer of the potatoes in it, sprinkle with salt and pepper, dredge with flour and dot over with one-half tablespoonful of butter; repeat until all the potatoes are used. Add milk until it may be seen through the top layer.

At 11:30 put the chicken, the scalloped potatoes and the peas in the oven, leave both burners "Full" for ten minutes so that dishes and foods may be thoroughly heated without reducing the heat of the oven too greatly. At the end of ten minutes turn the upper burner "Low" and leave the lower burner "Full" throughout the baking. After the main part of the dinner is in the oven mix the cherry pudding:

Cherry Pudding

1 egg	$\frac{1}{2}$ cupful sugar
1 tablespoonful melted butter	$\frac{1}{2}$ teaspoonful soda
1 cupful sour milk	2 cupfuls bread-flour
1 pint stoned sweet cherries	

Beat egg till light, and gradually add the sugar and butter; dissolve the soda in a little warm water, add to the sour milk, turn this into the

first mixture, and then add the flour, which has been mixed with the cherries. Bake in a moderate oven for 45 minutes. Serve with a lemon or cherry sauce. At 12:15 place it on the shelf of the oven.

Baste chicken during baking with one-fourth cupful of butter melted in one cupful of hot water, turn chicken several times so that all sides may be well browned. If peas become too dry add a little more water. At 12:50 turn off all heat, remove chicken and let the remainder of the dinner finish cooking if it is needed on the retained heat. Move the pudding to the lower shelf. Place the chicken on a hot platter and put it in a warming oven. Make the gravy which will take about ten minutes over a surface burner.

The Lemon Sauce for the Cherry Pudding should be started about 12:45 and made as follows:

$\frac{1}{2}$ cupful sugar	2 tablespoonfuls butter
1 cupful boiling water	$1\frac{1}{2}$ tablespoonfuls lemon juice
1 tablespoonful corn starch or	Few gratings nutmeg
$1\frac{1}{2}$ tablespoonfuls flour	Few grains salt

Mix sugar and corn-starch, add water gradually stirring constantly; boil five minutes, remove from fire, add butter, lemon juice and nutmeg.

The cost of cooking this dinner in this manner at the three cent rate is 10.5 cents.

THE SECOND DINNER WAS AS FOLLOWS:

Ham Baked au Gratin *Spinach a la Creme*
Cottage Pudding Served with Fruit

Ham Baked Au Gratin

1 slice smoked ham 1 inch thick	1 cupful cooked rice
$\frac{1}{4}$ cupful molasses	$\frac{1}{4}$ cupful grated American cheese

Freshen the ham by soaking in cold water one hour. Drain and wipe free from water. Spread and work in the molasses on both sides of the slice. Let stand fifteen minutes. Bake in a moderate oven 45 minutes. It will be necessary to bake the meat with a small amount of water in the pan. When the meat is cooked, pile the seasoned rice lightly and evenly on the slice of ham and sprinkle over the top the grated cheese.

Return to oven to melt and brown the cheese.

Order a large slice of ham cut an inch thick; it should weigh 2 lbs. Buy also one-half peck of spinach; and fruit is served with the cottage pudding.

Very little time is needed to prepare this dinner. At eleven o'clock put ham to soak in cold water to cover; look over spinach carefully, leaf by leaf, and cover with a large amount of water; add one tablespoonful of salt and let stand one-half hour or so. Then lift out and wash again in several waters so that all sand will be removed. Wash one-half cupful of rice, grate $\frac{1}{4}$ cupful of cheese.

At 11:45 turn both burners "Full;" at 12:00 put in ham in a covered casserole; spinach in a covered dish and rice also in a covered dish. Cover the rice with two cupfuls of hot water which is heated on a surface burner while the oven is being heated and add one-fourth teaspoonful of salt; put only a small quantity of water with the spinach, not more than one cupful, at 12:10 turn the upper burner "Low" and the lower burner "Medium."

Cottage Pudding

¼ cupful butter

⅔ cupful sugar

1 egg

½ teaspoonful salt

1 cupful milk

2¼ cupfuls flour

4 teaspoonfuls baking powder

Cream the butter, add sugar gradually, and egg well beaten; mix and sift flour, baking powder, and salt; add alternately with milk to first mixture; turn into buttered cake-pan; bake 35 minutes. Serve with Vanilla or Hard Sauce.

Place it in the oven at 12:30 on the shelf; at 12:40 the rice will be done and should be removed, place on top of the pan covered with grated cheese and put back into the oven without cover. Remove spinach and finish on top of range. Change pudding to lower shelf and turn upper burner "Full" leaving lower burner "Medium." In a large frying pan melt 3 tablespoonfuls butter, press water out of spinach and chop very fine, add four tablespoonfuls of flour to the butter and cook together until smooth and frothy, then add the chopped spinach and cook for 5 minutes stirring constantly. Add cream, and salt and pepper to taste; reheat.

Turn off the heat at 1:00, place cottage pudding in the warming oven until needed, serve it with sliced peaches (canned or fresh), crushed berries of any kind or other fruit in season. The cost of cooking this dinner on an electric range was 8.4c at the three cent rate.

MENU FOR DINNER NUMBER THREE:

Baked Calf's Liver

Baked Sweet Potatoes

White Onions

Apple Tapioca Pudding

Baked Calf's Liver

1½ pounds calf's liver, whole

1 cupful hot water

1 tablespoonful flour

4 tablespoonfuls thick sour cream

Salt and pepper

Butter or salt pork bits

Remove the skin, and lard the liver with small strips of salt pork. Dust with salt and pepper. Brown in the butter or salt pork bits. Add the hot water and bake thirty minutes in a hot oven, basting twice, the last time with the cream and flour mixture.

Peel the onions, and place in a covered dish with water enough to just cover. Wash potatoes thoroughly. At 11:45 turn both burners "Full," at the same time heat one quart of water on top of range. Then to one-half cupful of granulated tapioca add three cupfuls of hot water, save the other cupful for baking the liver. Cook tapioca until clear; only about ten minutes will be needed because it can be done directly over the heat on the electric range; stir frequently. During the last five minutes turn both burners "Medium," remove the pudding and put on the frying pan in which to brown the liver; about five minutes is sufficient for this process. Then place the liver in a baking pan and add the hot water. To the tapioca add two-thirds cupful of sugar, one-fourth teaspoonful of cinnamon or nutmeg and two or three thinly sliced apples, which have been pared and cored. Turn into a buttered pudding dish. At 12:00 o'clock put pudding, onions, and potatoes in the oven with heat on "Full." In ten minutes turn the upper burner "Low" and the lower burner "Medium." At 12:25 take out pudding and set in a cool place; put in liver. At 12:40 turn lower burner to "Full" and upper burner "Medium." Take out the

liver at 12:55 and make the gravy on a surface burner. At 1:00 o'clock turn all heat off. Season onions with butter, salt and pepper and serve apple tapioca with whipped cream. The cost of cooking this dinner, was 9.3c at the three cent rate.

MENU FOR DINNER NUMBER FOUR:

Beef Loaf
Mashed White Turnips

Baked Potatoes
Graham Roly-Poly

Beef Loaf

To make the beef loaf order two pounds of flank and order it chopped with two or three ounces of suet; purchase one quart of small white turnips and get ready six or more, as desired, medium sized potatoes.

This dinner can easily be prepared while the oven is heating. Turn both burners "Full" at 11:45; mix the beef loaf according to the following directions and place it in a bread pan. Mix together in a bowl the meat chopped with the suet, one egg slightly beaten, one cupful of cold water, one cupful of milk, one small onion, chopped, one-half cupful of cracker or dried bread crumbs, one-half tablespoonful of poultry seasoning, and salt and pepper to taste. Any other desired rule for beef loaf may be used. Wash and scrub the potatoes and rub over with butter or oil; this makes the skin of the potatoes crisp and very palatable if one desires to utilize the whole potato. Pare the turnips and place them in a covered casserole with just enough water to cover.

At 12:00 place in the oven the beef loaf, the potatoes and the turnips. Leave both burners "Full" for ten minutes, then turn upper burner "Low;" at 12:40 put in the dessert made by this recipe after the rest of the dinner is placed in the oven:

Graham Roly-Poly

1½ cupfuls graham flour
2 teaspoonfuls baking-powder
½ teaspoonful salt
¼ cupful butter or
3 tablespoonfuls lard

About ¾ cupful milk
1 egg-yolk
Jam, or fresh sugared fruit
1 egg-white
Granulated sugar

Mix together flour, baking-powder, and salt and work in the shortening with the finger-tips. Beat the egg-yolk, add a half-cupful of milk, and work into the mixture. Add more milk as necessary, till moist enough to roll out. Roll into a sheet one-fourth inch thick, cut in pieces about three and a half by five inches, spread to within an inch of the edge with strawberry or raspberry jam or chopped and sugared fresh fruit in season, roll up, pinch the edges together, place in a well-oiled baking pan, brush over the tops with the beaten egg-white, and dredge thickly with granulated sugar. Bake about eleven minutes in a moderate oven and serve with a fruit sauce.

At 12:50 change the Roly-Poly to the lower shelf. To make this possible it will be necessary to exchange with the beef loaf. At 1:00 turn off both burners, remove the beef loaf to a hot platter and make gravy on a surface burner, using the liquor in which the loaf was cooked. Drain, if necessary, mash and season the turnips with butter, salt and pepper; cut potatoes across on the top each way, push out the contents so that the white fluffy mass of potato appears on the top. Place on this a tiny butter ball and sprinkle with paprika.

The cost of cooking this dinner was 8.4c at the three cent rate.

MENU FOR DINNER NUMBER FIVE:

Roast Beef Brown Gravy Panned Potatoes
Buttered Asparagus Strawberry Shortcake

Roast Beef

A six and one-half pound Delmonico Roast was selected for this dinner. This weighed about five pounds after it has been boned and rolled—a chore which your butcher will gladly do for you. The asparagus can be cooked whole but the tests in the Institute proved that more satisfactory results were obtainable when the asparagus was cut into one-inch lengths. One good sized bunch will be needed. Wash and pare six (or more) medium sized potatoes, wipe beef with a damp cloth and dredge with flour, place on the broiler which comes with the range. Do not sprinkle the beef with salt before it goes in the oven because this has a tendency to draw out the juices.

All this preparation can easily be done while the oven is heating, turn both burners "Full" at 11:40. At 11:55 put the roast in the oven pushing the broiler back as far as it will go. Leave both burners "Full." In ten minutes place the potatoes close around the roast and put in the asparagus (all except the tips) in a covered casserole with just enough water to barely cover.

At 12:10 turn upper burner "Low" and lower burner "Medium," at 12:30 put in the asparagus tips with the rest; prepare the—

Strawberry Shortcake

2 cupfuls bread flour 3 teaspoonfuls baking-powder
4 tablespoonfuls shortening 1 teaspoonful salt
About $\frac{3}{4}$ cupful of milk

Mix and sift the dry ingredients together, work in the shortening with tips of the fingers, and all the milk, cutting it in with a knife, handle as lightly as possible, roll to one-half inch thickness and cut in individual large rounds. This amount will make just six. If butter is used as the shortening, less salt will be desired.

At 12:45 turn the lower burner "Full" and put in the short cake on the shelf of the oven. At 1:00 the dinner will be done. Make the gravy on a surface burner. The strawberries for the shortcake should be prepared at least one-half hour before using. There will be found plenty of time for this while the dinner is cooking. Remove the hulls, wash and mash leaving a few whole for the top of the shortcake. Add to the mashed strawberries sufficient sugar to make them palatable. This will depend upon the acidity of the fruit. The shortcake may be served with or without whipped cream. Split the rounds and put the crushed berries between and on top. Place a large spoonful of whipped cream on top and garnish with the whole berries.

The cost of cooking was 8.1 cents at the three cent rate.

DINNER NUMBER SIX:

Baked Split Mackerel Baked Potatoes Scalloped or Stuffed Tomatoes
Grandma's Cherry Pudding Cherry Hard Sauce

Baked Split Mackerel

Purchase one, two, or three mackerel depending upon the size; six or more potatoes; one can or six large tomatoes, and be sure that you have on hand the materials needed for the pudding.

To prepare this dinner start the pudding by putting the crumbs to soak in the milk, then turn both burners "Full" at 11:45, wash thoroughly the potatoes and rub over with oil or butter. If canned tomatoes are to be used, scallop them according to this rule: Use for this one quart can of tomatoes; one onion; one-fourth teaspoonful ground cloves; two cupfuls of cracker or dried bread crumbs; and one-third cupful of butter. Butter a baking dish, melt the butter (this can be done in the oven), add to it the crumbs, then put a layer of crumbs in the bottom of the pudding dish, add half of the tomatoes and juice, sprinkle with salt and pepper, half of the chopped onion, and half of the cloves. Cover this with another layer of crumbs and repeat having a layer of crumbs on top. If fresh tomatoes are to be used stuff them with well seasoned crumbs. Get together the other ingredients for the pudding, either stewed or fresh cherries may be used.

Grandma's Cherry Pudding

2 cupfuls stale cake-crumbs
1 quart milk

1½ cupfuls canned red cherries
½ cupful sugar

Soak the crumbs in the milk for thirty minutes and then add the sugar and the cherries, which should be well drained. If the cake is not well flavored, add a few drops of vanilla, or almond-extract. Turn into a buttered baking-dish, and bake about an hour in a moderate oven. Serve hot with hard sauce containing a little of the cherry juice.

At 12:00 put in the potatoes and the pudding (both burners "Full"). At 12:10 turn upper burner "Low" and lower burner "Medium," put in the tomatoes covered at 12:15. At 12:40 remove the cover from the tomatoes so that the crumbs may be allowed to brown. Turn the upper burner "Medium" and put in the mackerel on the shelf of the oven. To prepare the mackerel, wipe clean with a damp cloth, lay it in a shallow pan, open. Dot over with butter, sprinkle with salt and pepper and partially cover with milk. In the meantime make a hard sauce for the pudding as follows:

⅓ cupful butter

1 cupful powdered sugar

1 teaspoonful of cherry juice

Cream the butter, add sugar gradually and the cherry juice.

At 1:00 turn all heat off; no surface burner is required for this dinner. The cost of cooking is 6.9 cents at the three cent rate.

MENU FOR DINNER NUMBER SEVEN:

Mushroom Omelet

Lima Beans, buttered

Asparagus Shortcake

Caramel Bread Pudding

This is a meatless dinner and for it we will need to purchase two quarts of lima beans, one-fourth pound of fresh mushrooms, eight eggs, besides any other staple materials which might be needed. At 11:45 turn both burners "Full." Then skin the mushrooms, shell the beans, and make the bread pudding, being careful to follow this method:

Caramel Bread Pudding

Cover a slice of bread cut a good inch thick with cold water and let soak until it is soft, then drain off all the water and squeeze the bread dry as possible. Beat the yolks of two eggs with one-fourth cupful of sugar and add to it one pint of milk. Add this mixture to the bread. Any desired flavoring may be added to this foundation. For the caramel custard, melt two tablespoonfuls of sugar and add to the pudding; or, if it is possible that you already have, as I did, some caramel flavoring already for such a purpose in your refrigerator, add about one tablespoonful of this. Place in individual buttered custard

cups—the oval ones are especially good for this purpose. Mushrooms should be placed in a covered dish with plenty of butter, about two tablespoonfuls. Put the lima beans in a covered casserole with water to just cover. At 12:00 place all of these in the oven, leaving both burners "Full" for five minutes. Have the puddings in a pan of water that they may not cook too rapidly. At 12:05 turn the upper burner and the lower burner "Medium." At 12:30 remove the mushrooms and the pudding, place a meringue on puddings in neat piles, or it may be forced through a pastry tube.

In making the meringue beat the two egg-whites very stiff, so that the dish may be turned upside down without any danger of the egg falling out. Add to these gradually, four tablespoonfuls of granulated sugar, beating constantly until the mixture will hold its shape, then add one tablespoonful of sugar, for each egg and beat again. Add flavoring and place on pudding. At 12:35 replace pudding to brown meringue; make the biscuit part of the asparagus shortcake:

Asparagus Shortcake

<i>3 cupfuls whole-wheat flour</i>	<i>1 bunch asparagus</i>
<i>1 teaspoonful salt</i>	<i>3 cupfuls milk</i>
<i>4 teaspoonfuls baking powder</i>	<i>3 tablespoonfuls flour</i>
<i>4 tablespoonfuls butter</i>	<i>3 tablespoonfuls butter</i>
<i>About 1½ cupfuls milk</i>	<i>1½ teaspoonfuls salt</i>
<i>3 hard cooked eggs</i>	

Mix together the flour (unsifted), baking-powder, and salt; moisten with a cupful and a half of milk, or a little more if it seems necessary, until the dough is as soft as can be handled easily. Divide in halves and pat into two round layer-cake tins; bake about twenty minutes in a rather quick oven. Cut the asparagus in inch lengths and cook it in boiling salted water till tender. Make a white sauce of the butter, milk, and flour, listed in the second column, add the asparagus, and put this mixture between and on top of the shortcake. Garnish with hard cooked eggs cut in eighths. Peas or other vegetables can be used in a similar way.

If the ingredients for this have been previously measured and assembled, this can be done at this stage in a few moments. At 12:45 remove puddings, put in shortcake, turn lower burner "Full."

After the first dishes (lima beans, mushrooms, etc.) go into the oven beat the eggs for the omelet, allow one egg to a person, beat the eggs separately, add one tablespoonful of cold water for each egg to the beaten egg yolks, add salt and pepper to taste, and fold in the stiffly beaten egg whites. Turn into a hot buttered frying pan; use the right front surface burner turned "Medium" for cooking the omelet. Cook until brown on the bottom, then place in the oven for a few minutes to cook the top of the omelet. Remove from the oven, place the mushrooms on one half and turn the other half over on it. Serve on a hot platter at once. Garnish with parsley.

While the omelet is cooking, make the sauce for the asparagus shortcake according to the recipe above. For this we used at the Institute, left-over asparagus. If fresh asparagus is to be used, cook it in the oven according to directions given in menu Number Five instead of as directed in the recipe. Left-over portions of asparagus and peas might be utilized in combination by making this shortcake. At 1:00 turn both burners "Off." Drain lima beans if necessary and season with butter, salt and pepper. At the three cent rate the cost was 8.3 cents.

Why Hughes Ranges belong in Every Kitchen

Cleanliness

THE Hughes Range is itself a marvel of cleanliness. You can wipe your handkerchief over the burners and not soil it. Utensils have no coating of soot. Even food spilled on the burners leaves no trace; burns away clean. The whole room is freed from the dirt and ashes of coal or wood; the soot and fumes of gas; the bother of matches; the smoke and gummy deposits left by open flames. The Hughes Electric Range brings an undreamed-of cleanliness into the kitchen; saves hours of work now spent in cleaning range, floors windows and walls.

Comfort

THE whole plan of the Hughes Range is to conserve all heat for cooking purposes and waste none of it in the room. The result is a cooler kitchen than is possible with any other type of range. The electric burners throw all the heat directly against the utensil; none of it can escape at the sides or bottom. The heavily insulated oven walls and close-fitting oven door retain the heat so well that even with the oven at high heat, the outside is cool—you can put your hand on it without burning. What this means in hot weather any woman can appreciate; no longer is it a burden to cook in summer, when it can be done in such comfort as the Hughes Range affords.

Economy

THE way in which the Hughes Range conserves the heat means a decided saving in fuel cost. The fireless cooker principle of the oven makes it possible to start the cooking with high heat, turn it to "Low" heat for most of the cooking and finish with the heat entirely off—a wonderful new feature in cooking which will appeal to every woman, and which will reduce fuel consumption to a minimum. In addition, the absence of strong air currents in the oven saves food. The shrinkage in meats is 20% less than in gas ovens, because the juices are not carried off in the air. A five-pound roast weighs approximately a pound more after cooking in a Hughes oven than in a gas oven. With meat at from 25c to 35c a pound, this saving becomes well worth consideration—goes a long way toward paying the fuel bill. The reliability of the heat means fewer spoiled dishes—another saving.

Health

PLANTS wither and die in a kitchen filled with noxious gas fumes. Where plants cannot live, no human being can thrive. With the Hughes Range there is no smoke to irritate the lungs; no poisonous gases to injure the health. Plants flourish because the air is pure and wholesome. As a means of health protection this range should be in every kitchen.

Better Food

ONE of the marvels of the Hughes Range is the better cooking results which are possible with it. The evenly regulated heat eliminates the guess work of cooking and substitutes in its place an almost scientific exactness. Cooking failures are rare—successes the rule. The wonderful Hughes oven, free from gases which contaminate the food, and from air currents which carry off the juices, produces better results than have ever before been possible. Meats are richer, juicier, bread is moister, keeps longer; cakes are more delicate in flavor, biscuits more beautifully browned, everything has a more delicious taste. Good cooks become better; inexperienced cooks quickly learn to cook with assured success. The same heat which produces a satisfactory result one time, will duplicate it every time.

Time Saving

WHEN cooking can be done by rule instead of by guess, much of the cook's time is saved. In the Hughes Range the heat is so uniform, so evenly regulated that almost no watching is required. The surface burners of the range are so built that food never sticks in the middle of the vessel; frequent stirring is unnecessary. Because the heat is exact, food in the oven needs no watching; you know it is cooking satisfactorily without looking. Turning is unnecessary; the oven bakes with wonderful uniformity on top, sides and bottom. Basting is not required. You can cook many foods with practically no water—meat, cabbage, onions, for example—and without frequent inspection to see that they have not cooked dry. You can put food in the oven at low heat and leave it for hours at a time, while the cooking is in progress, without danger of disaster. This gives you additional hours every day away from your kitchen—a thing that every woman will welcome.

Because the Hughes Range gives better results than any other range—because it gives these results with less work than any other cooking method requires—it deserves a place of honor in every well ordered home.

Special Features of the Hughes Range

BURNER.—The vital Hughes burner is the heart of the range, the outstanding feature which has made this range so far ahead of others that 80% of the electric ranges in use today are Hughes. This burner was built to produce the greatest amount of heat possible from the electric current, to concentrate this heat against the utensil, to insulate the heat so that none escapes downward or at the sides, to stand the hardest kind of usage, to be simple and easily repaired if necessary.

OPEN COIL.—A most desirable feature of this burner is its open coil design, which enables anyone to tell at a glance whether or not the heat is on. With enclosed units the cook must test the burner as she would an iron to know whether it is hot or not. In the Hughes burner the wire coils are exposed and have an intense glow as soon as the heat is turned on. This prevents putting one's hand on a hot burner by mistake, or forgetting to turn heat off after cooking is done. These burners are not injured in any way by water or other liquids boiling over on them. The liquid simply burns away clean; it cannot put the fire out, as happens on a flame burner.

INSULATION.—The Hughes Burner consists of pure nickel chromium wire, wound in coils and securely fastened in the grooves of high heat-resisting, unglazed porcelain plate, which in turn fits snugly in an asbestos composition block $\frac{3}{4}$ -in. thick, which prevents the heat from going in any direction but upward. If perfectly flat utensils which completely cover the coils are used on these burners, all the heat generated is utilized practically without waste. So well does the burner retain the heat that the dishwater can be heated during dinner by the stored heat from a burner used in getting dinner.

OVEN HEAT CONSERVATION.—The remarkable way in which the Hughes oven conserves heat has done more perhaps than any one thing to make electric cooking practical and popular. The very efficient insulation of the Hughes oven walls keeps practically all the heat inside, a wonderful saving both of fuel and food. In this respect the oven closely resembles a fireless cooker, though of course it has none of the disadvantages of the fireless cooker which render it impractical for some classes of cooking. The cooking is all done on receding heat, which experts concede to be the most approved method. High heat is required only at first. Most of the cooking is done on low heat, and at the end with that entirely off.

NON-RUSTING OVEN.—Hughes ovens are protected against rust by electric welding of outside, inner lining and shelf racks, eliminating seams and bolts, the harboring place of rust. The oven on both sides is also covered by a special enamel which will withstand a heat of 800 degrees.

OVEN THERMOMETER.—The oven door has a thermometer registering the heat inside, enabling the housewife to gauge the cooking temperatures exactly and cook with uniform success.

OVEN BROILING.—With the exception of Type C 17 Ranges, every Hughes Range oven has two burners, one at the top and one at the bottom. The top burner is splendid for broiling; broils evenly and without danger of grease catching fire from flames. Two strong, adjustable wire shelves and a white enameled broiling pan with rack are supplied with every range.

HEAT CONTROL.—Every Hughes burner has three degrees of heat: high, medium and low. A burner using 1,500 watts of current at high heat, uses just half—750 watts—at medium and one-fourth—375 watts—at low heat. By a turn of the switch you can turn on the degree of heat you want. In the oven having two burners this makes six different degrees of heat possible. Above each switch is indicated the burner controlled by it.

BODY MATERIALS.—Range bodies are of steel, electrically welded to give longer life. All range legs are of cast iron, except Type C, which are angle iron. Oven doors and splashers are enameled, legs and trimmings have two types of finish, dull black enamel or nickel, giving the purchaser a choice of trimming.

FUSING.—Hughes Ranges are individually fused. Each burner has a fuse of its own, located in a heavy metal asbestos-insulated fuse box. If one burner should become short-circuited, the whole range is not put out of commission; the cooking can be finished on the other burners—a great advantage over certain other ranges, where a melted fuse means an end to cooking until a new fuse can be installed. However, in a Hughes Range short circuiting is practically impossible, and this arrangement is only an extra feature to make this range wholly trouble proof.

TESTING.—Every Hughes Range is tested for proper voltage, proper wattage and efficiency of the insulation before it leaves the factory. Each range, and each heat unit, is subjected to a flash test, to determine its power to stand up against breakdown, with a current of 1,500 volts.

GUARANTEE.—Every Hughes Range is fully guaranteed against mechanical and electrical defects, and defective parts are replaced free of charge, f.o.b. Chicago, within one year from date of purchase by the user.

Hughes "60" Electric Range

Character

Here are combined all the features of the highest type of range construction. For large families, boarding houses, restaurants, small hotels, clubs, domestic science schools, etc.

Features

Six-burner cooking surface, oven, broiling compartment, warming closet, and two outside shelves.

Dimensions

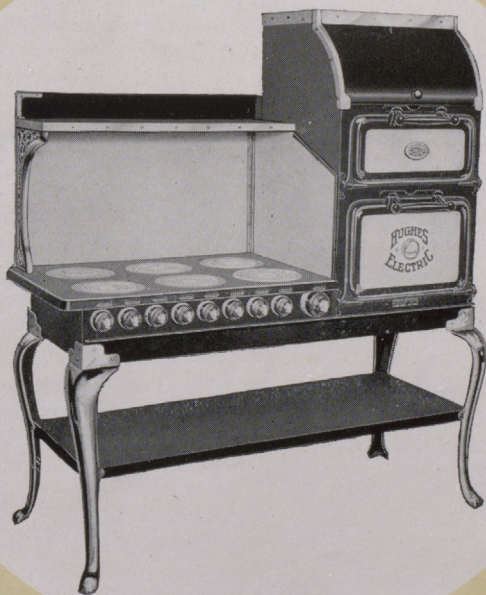
Floor space $27\frac{1}{4} \times 59\frac{1}{2}$ inches. Height of cooking surface $32\frac{1}{2}$ inches. Area cooking surface $35 \times 23\frac{1}{2}$ inches. Oven dimensions $18 \times 18 \times 12$ inches. Broiling compartment $18 \times 18 \times 8$ inches. Warming closet $21\frac{1}{4} \times 20 \times 9$ inches. Total height of range 67 inches.

Burners

Front right cooking surface burner, 1500-750-375 watts;* left and center front burners, 1100-550-275 watts;* rear, center and right burners, 880-440-220 watts;* rear, left burner, 440-220-110 watts.* Oven has two burners, each of 1100-550-275 watts.* Broiling compartment has one burner of 1800-900-450 watts.*

Finish

Either plain or nickel trimmed with white enameled splashers.



*See what
"Watt" means
on page 47

Hughes "56" Electric Range

Character

Our "56" is a somewhat smaller model of our "60." It has all the completeness and elegance of the "60," with the three separate compartments in the oven body. But the stove occupies less space, has fewer cooking surface burners, and is lower priced. For the average family wanting the latest and completest thing in electric cooking, it is ideal.

Features

Four-burner cooking surface, two-burner oven, one-burner broiler warming closet, outside warming shelf, outside lower shelf.

Dimensions

Floor space, 27½x51 inches. Height of cooking surface, 32½ inches. Area cooking surface, 23½x27 inches. Oven dimensions, 18x18x12 inches. Broiling compartment, 18x18x8 inches. Warming closet, 21¼x20x9 inches. Total height of range, 67 inches.

Burners

Front, right cooking surface burner, 1500-750-375 watts;* front, left, 1100-550-275 watts;* rear, left burner, 440-220-110 watts;* rear, right burner, 880-440-220 watts.* Oven has two burners, each of 1100-550-275 watts.* Broiling compartment has one burner of 1800-900-450 watts.*

Finish

Either plain or nickel with white enameled splashers.

**See what
"Watt" means
on page 47*



Hughes "50" Electric Range

Character

One of the most popular styles of electric ranges on the market. Ideal for homes that need not economize on floor space. Suitable for a medium or large-sized family, also for clubs, church kitchens, etc.

Features

Four-burner cooking surface, two-burner oven, warming compartment, outside warming shelf, lower outside shelf.

Dimensions

Floor space, $27\frac{1}{2}$ x51 inches. Height of cooking surface, $32\frac{1}{2}$ inches. Area cooking surface, $23\frac{1}{2}$ x27 inches. Oven dimensions, 18x18x12 inches. Warming closet dimensions, $21\frac{1}{4}$ x20x9 inches. Total height of range, 58 inches.

Burners

Front, right cooking surface burner, 1500-750-375 watts;* front, left, 1100-550-275 watts;* rear, left burner, 440-220-110 watts;* rear, right burner, 880-440-220 watts.* Oven has two burners, each of 1100-550-275 watts.*

Finish

Either plain or nickel, with white enameled splashers.

**See what
"Watt" means
on page 47*



Hughes "47" Electric Range

Character

A very desirable range for the average family that is not crowded for kitchen space. This is the popular cabinet type in a slightly smaller capacity.

Features

Three-burner cooking surface, two-burner oven, warming closet, outside elevated warming shelf, outside lower shelf.

Dimensions

Floor space, $27\frac{1}{2}$ x51 inches. Height of cooking surface, $32\frac{1}{2}$ inches. Area cooking surface, $23\frac{1}{2}$ x27 inches. Dimensions of oven, 18x18x12 inches. Warming closet, $21\frac{1}{4}$ x20x9 inches. Total height of range 58 inches

Burners

Right, cooking surface burner, 1500-750-375 watts;* left burner, 1100-550-275 watts;* rear burner, 440-220-110 watts.* Each of two oven burners, 1100-550-275 watts.*

Finish

Either plain or nickel, with white enameled splashes.

**See what
"Watt" means
on page 47*



Hughes "C2" Electric Range

Character

Of popular cabinet type. For medium-sized and small families.

Features

Two-burner cooking surface, two-burner oven, outside elevated warming shelf. Lower outside shelf.

Dimensions

Floor space, 26x36 1/2 inches. Height of cooking surface, 34 inches. Area cooking surface, 23x18 inches. Dimensions of oven, 18x12x12 inches. Total height of range, 54 inches.

Burners

Right cooking surface burner, 1500-750-375 watts.* Other cooking surface burner, 880-440-220 watts.* Each of two oven burners, 880-440-220 watts.*

Finish

Plain black enamel.



*See what
"Watt" means
on page 47

Hughes "C4" Electric Range

Character

Proves highly popular with the average family because it is of the cabinet type.

Features

Three-burner cooking surface, two-burner oven, elevated outside warming shelf, outside lower shelf.

Dimensions

Floor space, 26x49½ inches. Height of cooking surface, 34 inches. Area cooking surface, 22¾x24½ inches. Dimensions of oven, 18x18x12 inches. Total height of range, 54 inches.

Burners

Front, right cooking surface burner, 1500-750-375 watts;* front, left, 1100-550-275 watts.* Rear burner, 440-220-110 watts.* Each of two oven burners, 1100-550-275 watts.*

Finish

Plain black enamel.

**See what
"Watt" means
on page 47*



Hughes "44" Electric Range

Character

A very popular range because it uses small floor space and has elevated oven feature. Excellent for family of average size.

Features

Four-burner cooking surface, two-burner oven, lower outside shelf.

Dimensions

Floor space, $30\frac{1}{2} \times 32\frac{1}{4}$ inches. Height of cooking surface, $31\frac{1}{2}$ inches. Area cooking surface, $26\frac{1}{2} \times 24\frac{1}{4}$ inches. Oven dimensions, $18 \times 18 \times 12$ inches. Total height of range, 65 inches.

Position of Oven

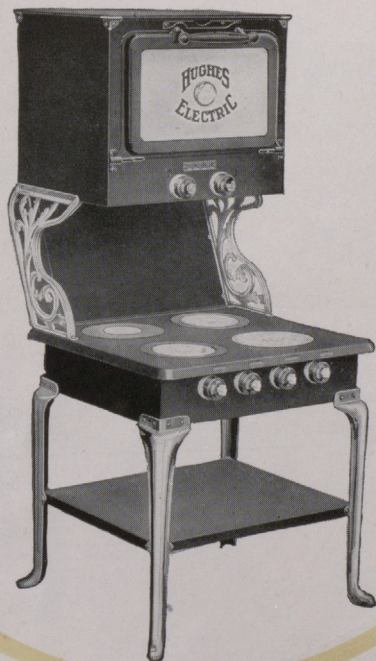
Elevated

Burners

Front, right cooking surface burner, 1500-750-375 watts;* front, left, 1100-550-275 watts;* rear, left burner 440-220-110 watts;* rear, right burner, 880-440-220 watts.* Oven has two burners, each of 1100-550-275 watts.*

Finish

Either plain or nickel.



*See what
"Watt" means
on page 47

Hughes Electric Water Heater

- The modern householder, realizing that electricity yields the acme of safety, cleanliness, comfort and reliability, will naturally want to use current for heating the water of the home. With electric water heating there is never any danger. Night and day, whether the family is away or at home, the Hughes Electric Water Heater may be depended on thoroughly.

The Hughes heater is a simple, cleanly, easily controlled, economical device, for providing any required amount of hot water.

It can be attached to any kitchen boiler in the same manner as the ordinary gas circulation heater. It is controlled by a three-heat switch and consumes a maximum of 2 kilowatts of current.

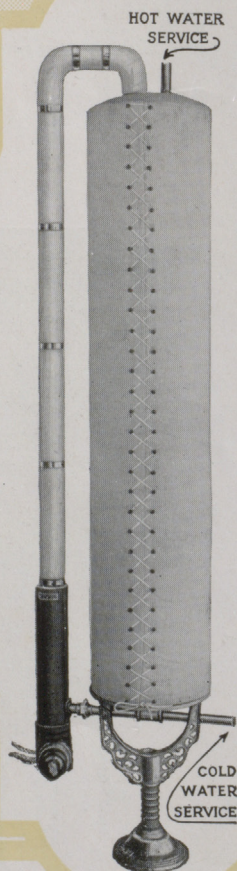
Its wonderful degree of efficiency—an efficiency of approximately 100 per cent, because the water entirely surrounds the heating element and takes up all the heat generated—results in real economy. There is no smoke nor soot.

The outer casing of the heater is heavily insulated to prevent heat loss.

Comes in two sizes having following specifications:

	No. 101	No. 102
Diameter	4 in.	4 in.
Length	22 in.	11 in.
*Wattage.....	2000	750
Heats	3	1

**See what
"Wattage" means
on page 47*



Hughes "48" Electric Range

Character

An extremely handy range, designed for large families, boarding houses, restaurants, small hotels, clubs, etc., where large cooking capacity has to be secured in a small space.

Features

Six-burner cooking surface, two-burner oven, and elevated warming shelf.

Dimensions

Floor space, $27\frac{1}{2} \times 34\frac{1}{2}$ inches. Height of cooking surface, 34 inches. Area cooking surface, $33 \times 23\frac{1}{4}$ inches. Oven dimensions, $18 \times 18 \times 12$ inches. Height of range with warming shelf, 58 inches.

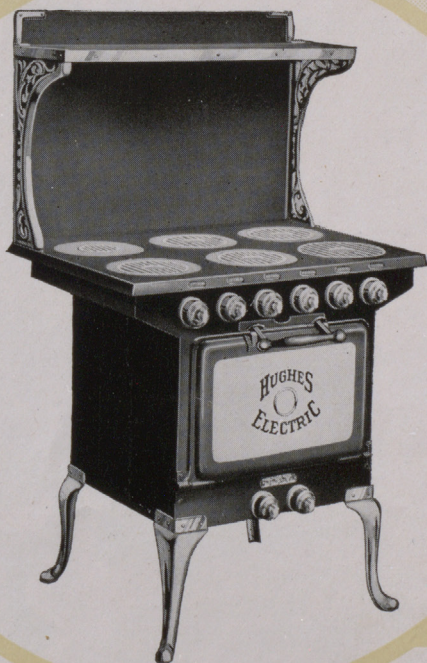
Burners

Front, right cooking surface burner, 1500-750-375 watts;* left and center front burners, 1100-550-275 watts;* rear, center and right burners, 880-440-220 watts;* rear, left burner, 440-220-110 watts.* Oven has two burners, each of 1100-500-275 watts.*

Finish

Either plain or nickel.

*See what
"Watt" means
on page 47



Hughes "40" Electric Range

Character

An immensely popular range, very compact; suitable alike for a small, medium or large family.

Features

Four-burner cooking surface, two-burner oven and elevated warming shelf.

Dimensions

Floor space, 27x29½ inches. Height of cooking surface, 34 inches. Area cooking surface, 28¼x22½ inches. Oven dimensions, 18x18x12 inches. Height of range with warming shelf, 58 inches.

Burners

Front, right cooking surface burner, 1500-750-375 watts;* front, left, 1100-550-275 watts;* rear, left burner, 440-220-110 watts;* rear burner, 880-440-220 watts.* Oven has two burners, each of 1100-550-275 watts.*

Finish

Either plain or nickel.

*See what
"Watt" means
on page 47



Hughes "37" Electric Range

Character

The most compact range on the market. Designed to meet the needs of the average-sized family.

Features

Three-burner cooking surface, two-burner oven and elevated warming shelf.

Dimensions

Floor space, 27x29½ inches. Height of cooking surface, 34 inches. Area cooking surface, 28¼x22½ inches. Dimensions of oven, 18x18x12 inches. Total height of range with warming shelf, 58 inches.

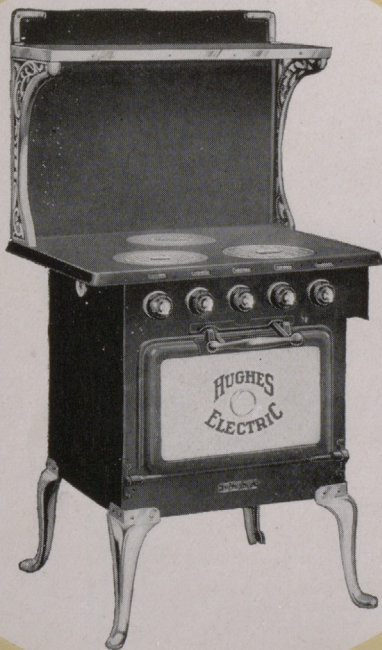
Burners

Front, right cooking surface burner, 1500-750-375 watts;* front, left, 1100-550-275 watts;* rear burner, 440-220-110 watts.* Each of two oven burners, 1100-550-275 watts.*

Finish

Either plain or nickel.

*See what
"Watt" means
on page 47



Hughes "30" Electric Range

Character

A small, compact range, for small and medium-sized families. Does every style of cooking perfectly.

Features

Three-burner cooking surface, two-burner oven and elevated warming shelf.

Dimensions

Floor space, 20x34½ inches. Height of cooking surface, 34 inches. Area cooking surface, 33x14¼ inches. Oven dimensions, 18x12x12 inches. Height of range with warming shelf, 58 inches.

Burners

On cooking surface, right burner, 1100-550-265 watts;* center burner, 1500-750-375 watts;* left burner, 440-220-110 watts.* Each of two oven burners, 880-440-220 watts.*

Finish

Either plain or nickel.

*See what
"Watt" means
on page 47



1.90w
\$86.95

Hughes "27" Electric Range

Character

A most suitable range for the medium-sized or small family with limited kitchen space.

Features

Two-burner cooking surface, two-burner oven and outside warming shelf.

Dimensions

Floor space, 20x27 inches. Height of cooking surface, 34 inches. Area cooking surface, 25x14 inches. Dimensions of oven, 18x12x12 inches. Height of range with warming shelf, 58 inches.

Burners

Right cooking surface burner, 1500-750-375 watts;* left cooking surface burner, 880-440-220 watts.* Each of two oven burners, 880-440-220 watts.*

Finish

Either plain or nickel.

**See what
Watt* means
on page 47*



Hughes "C1" Kitchenette Range

Character

A small compact range designed for the kitchenette or "In-a-wall" type kitchen of the modern one, two and three-room apartments. Also suitable for laboratories, studios, domestic science schools and summer homes as it adequately cooks for at least three or four persons.

Features

Two burner cooking surface, two burner oven. Top oven burner can be used for broiling. Furnished with or without lamp socket attachment, as desired.

Dimensions

Length 33 inches; width 16 inches; height 22 inches. Area of cooking surface 15x21 inches. Dimensions of oven 10x10x12 inches. Length of legs 1 inch.

Burners

Right cooking surface burner, 440-220-110 watts;* left cooking surface burner 1100-550-275 watts.* Each of two oven burners 660-330-165 watts.* Surface burners furnished in any wattage desired up to 1800 watts.*

Finish

Plain black enamel.

**See what
"Watt" means
on page 47*



Hughes "C18" Electric Range

Character

An excellent, compact, inexpensive range for the medium-sized or small family.

Features

Two-burner cooking surface, two-burner oven. Furnished with elevated warming shelf, if desired.

Dimensions

Floor space, 18x25 inches. Height of cooking surface, 35½ inches. Area cooking surface, 25x14 inches. Dimensions of oven, 18x12x12 inches. Height of range with warming shelf, 58 inches.

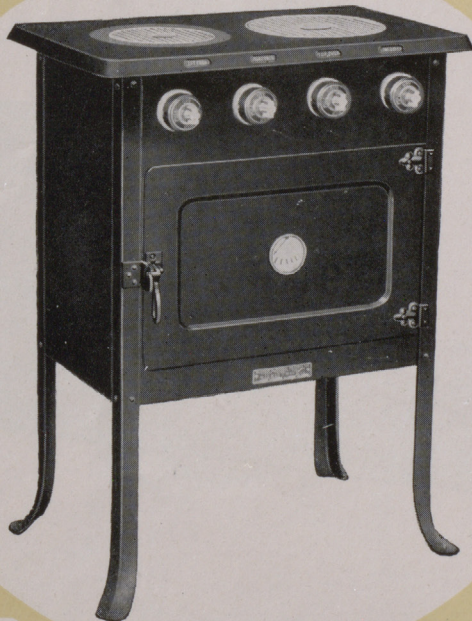
Burners

Right cooking surface burner, 1500-750-375 watts;* left cooking surface burner, 880-440-220 watts.* Each of two oven burners, 880-440-220 watts.*

Finish

Plain black enamel.

**See what
"Watt" means
on opposite page*



What "Watt" Means

WHILE many who read this book are well acquainted with electrical terms and meanings, yet for the few who are not yet thoroughly informed we believe some definitions and explanations will be desirable.

Every housewife buys her electricity in kilowatts. A kilowatt means a thousand watts. Just as water is measured by the gallon, and gas by the cubic foot, so electric current is measured by the watt or by the kilowatt. If one burner uses 440 watts an hour, that means 440/1000 of a kilowatt. If another burner uses 880 watts, that means 880/1000 of a kilowatt, and the second burner costs twice as much to operate as the first. It is also a fact that the second burner is giving out twice as much heat as the first.

In explaining to you just how powerful each Hughes burner is, we speak of it as consuming so many watts, which means so many thousandths of a kilowatt. The most powerful burner we have, our 1,500 watt burner, therefore consumes only $1\frac{1}{2}$ kilowatts an hour.

With every Hughes burner it is possible to have three grades of heat "Full," "Medium" and "Low." For example, consider a 1,500-watt burner, which means a burner using up 1,500 watts an hour when turned on "Full." On "Medium" this burner consumes 750 watts an hour, and on "Low" it consumes only 375 watts. By a turn of the controlling switch you can have any of the three grades of heat you desire, or you can turn the heat off entirely. When you see such figures as "1,500-750-375" or "880-440-220" in connection with a Hughes burner, you will know that they refer to the number of watts which that burner consumes on full, medium and low heats.

INDEX

General

Better Cooking by Electricity	3
Bradley, Miss Alice, Favorite Recipes	5
Hill, Janet McKenzie, Favorite Recipes	13
Lemcke-Barkhausen, Mrs. E. K., Favorite Recipes	17
Neil, Marion Harris, Favorite Recipes	9
Oven Cooked Meals	20
Panama-Pacific Gold Medal	2
Special Features of the Hughes Range	30
What Cooking Authorities Say	4
What "Watt" Means	47
Why Hughes Ranges Belong in Every Kitchen	28

Recipes

Beef Loaf	24
Beef Roast	5, 25
Biscuits, Langue de Chat	7
Bread, Ginger	16
Bread, Irish	6
Bread, Prune and Nut	7
Buns, Cinnamon	17
Cake, Coffee	11
Cake, Griddle	17
Cauliflower	19
Charlotte, Apple	18
Chicken, Braised with Tomatoes	9
Chicken, Roast	19, 20
Cookies, Peanut Butter	8
Cup Cakes, Chocolate	15
Custard, Boiled	16
Fish, Fricassee of	9
Fish, Planked	5
Fish, Slices of, or Small Fish Sautéd	13
Green Peppers, Stuffed with Macaroni Au Gratin	15
Ham, Baked Au Gratin	22
Ham, Poached, Crumbed and Browned	13
Lamb, Casserole of	17
Lamb Soufflé	13

Liver, Baked Calf's	23
Mackerel, Baked Split	25
Mutton, en Casserole	10
Peas, with Curried Rice	10
Pie Crust	19
Pie, Custard	16
Pie, Lemon Cream	19
Pie, Puff Paste Strawberry	8
Pop Overs	17
Pork Chops with Bananas	14
Potatoes, Boiled	19
Pudding, Cherry	21
Pudding, Caramel Bread	26
Pudding, Grandma's Cherry	26
Pudding, Plum	12
Puff Paste	18
Rolls, Luncheon	7
Sauce, Cheese	14
Sauce, Tomato	6
Scones, Scotch Whole Meal	11
Shortcake, Apricot	11
Shortcake, Asparagus	27
Shortcake, Strawberry	25
Soufflé, Chocolate	19
Soufflé, Prune	15
Soup, Gumbo	18
Soup, Lentil	9
Spinach Timbales	6
Steak, Roasted Hamburg	6
Tart, Cream	12
Tomato Timbales	14
Vol-Au-Vent	18

Ranges

"60"	32
"56"	33
"50"	34
"47"	35
"C2"	36
"C4"	37
"44"	38
Water Heater	39
"48"	40
"40"	41
"37"	42
"30"	43
"27"	44
Kitchenette	45
"C18"	46

